Promoting Health: A Practical Guide

by Angela Scriven Linda Ewles

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Angela Scriven. Promoting Health is a seminal text that has been used in the training and education of health promoters over the last 25 years and has shaped health promotion practice in the UK. This 6th edition has undergone significant revision by a new author, Angela Scriven, a leading academic widely published in the health-promotion field, bringing it up to date with current practice. The text provides an accessible practical guide for all those involved in health promotion. Concerned with the what, why, who and how of health promotion, it is invaluable to students of the discipline. Full This is a practical guide for employers who want to promote a healthy work-life balance for their teams. Benefits Employers Can Consider Offering. These are some of the many ways that employers can promote work-life balance in the office without compromising productivity or efficiency. Exercise Access. One of the most positive ways to reduce stress is exercise, and every able-bodied adult should be getting at least 30 minutes of it per day. On a smaller scale, it’s important to workers’ mental and physical health to take frequent breaks throughout the day. The human body was not designed to sit still and stare at a screen for eight hours, and doing so can lead to a wide variety of health issues.
CanMEDS physician health guide: A practical handbook for physician health and well-being. Ottawa: The Royal College of Physicians and Surgeons of Canada. ii. Using real-world situations and scenarios, this guide will help physicians discover practical and useful strategies for introducing and promoting physical, emotional, and spiritual well-being. The topics covered throughout The CanMEDS Physician Health Guide were identified by a panel of experts—physicians who work with other physicians who have health concerns. Content experts were challenged to present their topic in a simple two-page spread that introduces readers to the topic, provides a sample case, and additional references for further reading. Request PDF | Promoting Health Equity Among Racially and Ethnically Diverse Adolescents A Practical Guide: A Practical Guide | Racial and ethnic minority youth have less access to health care and experience health disparities that are linked to social determinants that | Find, read and cite all the research you need on ResearchGate. This book is a practical reference for clinicians caring for racially and ethnically diverse adolescents seeking to effectively identify and address the social structures and factors that influence their health and well-being to promote health equity. It provides an overview of key health equity, population health and cultural competency principles and highlights clinical, teaching, and research skills critical to promoting health equity.
Health: Social Context and Action (2007); Promoting Health: A Practical Guide (2010); Health Promotion for Health Practitioners (2010); Health Promotion Settings: Principles and Practice (2012). Her research is centred on the relationship between health promotion policy and practice within specific contexts. She is a member of the International Union of Health Promotion and Education (IUHPE), is President Elect for the Institute of Health Promotion and Education (IHPE) and is a Fellow of the Royal Society for Public Health (RSPH). Read more. Product details. A practical guide to self-management support is published by the Health Foundation, 90 Long Acre, London WC2E 9RA ISBN 978-1-906461-74-4 © 2015 The Health Foundation. Contents. 1 Introduction. The key policy documents for England, Scotland, Northern Ireland and Wales that promote self-management support. The Five Year Forward View. NHS England www.england.nhs.uk/ourwork/futurenhs/. Request PDF | Promoting Health Equity Among Racially and Ethnically Diverse Adolescents A Practical Guide: A Practical Guide | Racial and ethnic minority youth have less access to health care and experience health disparities that are linked to social determinants that | Find, read and cite all the research you need on ResearchGate. This book is a practical reference for clinicians caring for racially and ethnically diverse adolescents seeking to effectively identify and address the social structures and factors that influence their health and well-being to promote health equity. It provides an overview of key health equity, population health and cultural competency principles and highlights clinical, teaching, and research skills critical to promoting health equity.